



Beef and Broccoli with Oyster Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound broccoli florets
- ☐ 6 cups rice hot cooked
- ☐ 1 tablespoon cornstarch
- ☐ 1 teaspoon cornstarch
- ☐ 1 tablespoon cooking sherry dry
- ☐ 1 pound flank steak lean
- ☐ 1 tablespoon gingerroot minced peeled
- ☐ 0.3 cup green onions diagonally sliced ()

- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 3 tablespoons oyster sauce
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon vegetable oil divided
- ☐ 0.3 cup water
- ☐ 1 tablespoon water
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Combine first 6 ingredients; stir until well-blended, and set aside.
- ☐ Trim fat from steak.
- ☐ Cut steak diagonally across the grain into 1-inch-thick slices.
- ☐ Cut slices into thin strips.
- ☐ Combine steak, 1 tablespoon cornstarch, 2 tablespoons water, 1 tablespoon soy sauce, and 2 teaspoons sugar in a medium bowl; stir until well-blended. Cover and marinate in refrigerator 15 minutes.
- ☐ Heat 2 teaspoons oil in a wok or large nonstick skillet over high heat.
- ☐ Add steak mixture; stir-fry 2 minutes.
- ☐ Remove steak from pan; set aside.
- ☐ Add remaining 1 teaspoon oil, green onions, and gingerroot; stir-fry over medium-high heat 30 seconds. Stir in broccoli and 1/4 cup water; cover and cook 3 minutes. Return steak to pan, and stir in oyster sauce mixture; stir-fry 2 minutes or until thick and bubbly.
- ☐ Serve over rice.

Nutrition Facts



 **PROTEIN 24.91%**  **FAT 16.58%**  **CARBS 58.51%**

Properties

Glycemic Index:45.52, Glycemic Load:49.86, Inflammation Score:-7, Nutrition Score:24.020869275798%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 6mg, Kaempferol: 6mg, Kaempferol: 6mg, Kaempferol: 6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 377.07kcal (18.85%), Fat: 6.82g (10.5%), Saturated Fat: 2.13g (13.32%), Carbohydrates: 54.19g (18.06%), Net Carbohydrates: 51.36g (18.68%), Sugar: 2.88g (3.2%), Cholesterol: 45.36mg (15.12%), Sodium: 410.49mg (17.85%), Alcohol: 0.26g (100%), Alcohol %: 0.09% (100%), Protein: 23.07g (46.15%), Vitamin K: 93.7µg (89.24%), Vitamin C: 68.55mg (83.09%), Selenium: 36.55µg (52.21%), Manganese: 0.94mg (47.22%), Vitamin B6: 0.75mg (37.44%), Vitamin B3: 6.03mg (30.13%), Phosphorus: 280.07mg (28.01%), Zinc: 4.04mg (26.94%), Folate: 68.43µg (17.11%), Potassium: 588.26mg (16.81%), Vitamin B5: 1.54mg (15.43%), Magnesium: 55.75mg (13.94%), Vitamin B2: 0.22mg (12.88%), Iron: 2.19mg (12.16%), Vitamin B12: 0.72µg (12.08%), Copper: 0.23mg (11.34%), Fiber: 2.83g (11.3%), Vitamin A: 526.37IU (10.53%), Vitamin B1: 0.15mg (9.68%), Calcium: 75.87mg (7.59%), Vitamin E: 1.1mg (7.35%)